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Founded in 1901

Balmoral Hall, a leading contemporary all-girls school, is committed to a tradition of academic excellence. We educate, encourage and empower our girls and young women to achieve their personal best.

The Portal, a publication of Balmoral Hall School's Development & Alumnae Office, is distributed to over 4,000 members of the BH Family—parents, alumnae, grandparents, staff, former parents, former staff and friends of the School.

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Editors: Tina Alto and Courtney Moir '98

A Note From The Editors

TIME FLIES!

While editing this issue of *The Portal*, I considered how the magazine's appearance and contents have changed with the passage of time. However, time's passage has not changed the enduring connection that exists between the Balmoral Hall Alumnae and the Balmoral Hall community.

Please take some time to enjoy reading about the activities and opportunities that allow the Balmoral Hall experience to be a timeless treasure of lasting memories!

~ Courtney Moir '98

It was one of the best visits I have ever had in my life!

Teressina Onate Olmos S3

On Tuesday, December 3rd, I had the opportunity to visit one of the most important and finest public buildings, The Manitoba Legislative Building in Winnipeg. I was taking pictures and walking around when I heard that the Governor General of Canada and the Lieutenant Governors of all the provinces in Canada were coming at that moment to have a meeting. I was so excited to see the Governor General.

First the provincial Lieutenant Governors came in. I talked with the Lieutenant Governors of Saskatchewan, Alberta, Nova Scotia and Nunavut. We also met and talked to the Premier of Manitoba, Gary Doer. Then the Governor General of Canada, Adrienne Clarkson, came in. She was born in Hong Kong and immigrated to Canada in 1942. She was beautiful and elegant. I was very excited to talk to her.

They took pictures of her as she was talking to everyone. Finally she came to me! I told her that I was from Mexico. She liked that and welcomed me to Canada. They took a picture of me with her, and the photographer from Rideau Hall is sending me a copy.

I can't believe that I talked to so many important people from another country. Most Canadians have not had the opportunity to shake hands and talk to her.

* Seen on the cover page is Governor General Adrienne Clarkson, with the Premier Gary Doer, and students Jo-Lan Chen from Taiwan, Jessica Chong from Hong Kong, Eriko Seko from Japan, Jade Ngai and Suzanna Cheung both from Hong Kong.



Care to Learn, Learn to Care

Claire Sumerlus, Head of School

What makes Balmoral Hall School the special place that it is? The students are the heart and soul of the School. Their many accomplishments, acts of kindness and compassion set them apart from others.

Just recently a tragedy befell one of our fellow CAIS schools – Strathcona Tweedsmuir School in Calgary, where seven Senior 2 students lost their lives in an avalanche. The girls at BH, although separated by distance, felt close to the students of STS and initiated a Memorial Assembly to commemorate this tragic event. The girls also decided to take up a collection to put towards the planting of Lilac bushes (a BH tradition) on the Strathcona Tweedsmuir School campus.

At our full school assembly in January, Grade One students invited the entire student body to help them in their quest to help the homeless. They asked the girls to donate tins of coffee that would then be served at Siloam-Mission, a homeless shelter. These are just a couple of examples of the many ways our girls show they care.

Here are a few quotes from the girls' scholarship essays recently written on the topic of "Learn to Care, Care to Learn." These quotes embody the spirit and culture of BH, and the BH profile of a graduate destined to make a difference.

"When I hear Learn to Care, Care to Learn, I realize again how lucky I am to receive an education. This education has not only taught me to care but has perhaps given me the ability to teach others to care."

...continued on page 2



Principals Judith Steek, Joanne Kamins and Jackie Copp with Head of School Claire Sumerlus

Our Head of School...

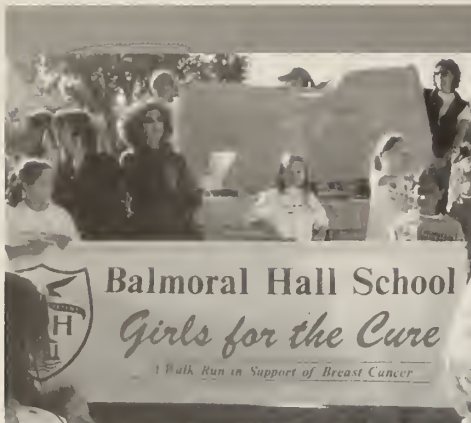
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Girls for the Cure – Presentation of the \$16,000 cheque, displays the money fundraised for Breast Cancer Research

"We care to learn, we not only have a desire to achieve but an intrinsic desire to develop ourselves to become citizens of the world. In my further education I will learn to care and care to learn and I will be a better person because of it."

"You must care about your surroundings, the community in which you live in, the BH Family, as well as the global family, to fully be able to grasp all concepts of life and reach your personal best."

"Education through academic endeavors and global experiences is the only way for all members of society to know about all peoples, helping to eliminate racism and prejudice which plague today's world. It is only with a keen desire to be educated that the world will improve, and men will be equal instead of colours."

Balmoral Hall students truly model the spirit of caring and the importance of being lifelong learners. The International Baccalaureate Program in our Junior School is helping to foster an international education for our girls and an understanding of the world around them. As the girls move into Middle and Senior School, they have a foundation to question critically and make informed choices and decisions. They are very aware of their responsibility to the broader community.

We pride ourselves on being a multi-cultural community that respects and embraces our differences. This year, all assemblies have been dedicated to understanding Balmoral Hall's global perspective. The world is a scary place with the threat of war. We hope that our girls will help to prevent these situations and promote peace and tolerance of all.

We are proud of our girls and some of their many accomplishments are highlighted in the pages to come. In a very turbulent time in the world, they are the future generation and we are confident they will make a difference.



International Students gather in the Kozminski Common Room



Emiko Kosaka displays a typical Japanese Kimono at the Cultural Assembly

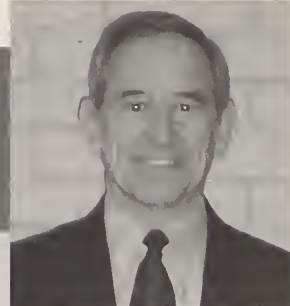


Mrs. Clarke's Grade 7 Class at the Misericordia Health Centre for the Day of Giving in December 2002

Professional Learning Communities with Rick DuFour

Jackie Copp
Principal of Middle School – Head of Academic Studies

Rick DuFour on November 22, 2002
at Balmoral Hall School.



The staff at Balmoral Hall and St. John's Ravenscourt embarked on a joint Professional Development session for this school year. Our speaker was Rick DuFour, a leading expert on developing a Professional Learning Community in our schools. He delivered two sessions, one in November 2002 with a follow up session held in February, 2003.

Rick DuFour works with staff in developing their school Strategic Plan into a workable action plan. His strategies and principles help schools build their own framework of a Professional Learning Community.

First, he recommends that schools "develop their shared mission, vision, values, and goals that become the central focus of the school. This starts the building of a Professional Learning Community culture that energizes and unites the efforts of staffs."

Second, he explains "how to create and implement collaborative teams that support teachers, students, and the school's mission while highlighting the "dos" and "don'ts" for building high-performing, cohesive teams."

Third, he shares "how to develop a school culture based on constant improvement and measurable practical results." These are SMART (specific, measurable, achievable, results oriented, timely) Goals.

Balmoral Hall has many of these steps already in place as part of our Strategic Plan. The DuFour sessions provided our staff with the opportunity to strengthen our culture, one that is constantly striving toward excellence and effectively using data to promote student learning.

BH Speakers 2002 - 2003

Kindergarten

Catherine Waterer *Milk Marketing Board Unit of inquiry – Where does my lunch come from?*

Grade 1

Peter White, Craig McIntosh, Rob MacDougall, Art Stacey, Aaron Chiu, Leslie Simard Chiu, David Vissentin, Hiroko Kagawa, Turnley Wong, Jennifer Faircloth, Ben Haber, Cheryl Jackson-Flom, Dave Penny, Colleen Taylor, Corinne Scott and John Schreimer *Unit of inquiry – Cooperative Communities*, parent speakers, Pat Conchatre, Judith Steek and Gary Gaudry *to speak about their jobs in the School community.*

Grade 3

Lorraine Prokopchuk *Coordinator of Instruction, St. James School Division – poetry writing*

Grade 4

Rebecca Chartand, Gary Bond, Joe McLellan and Mary Richard
– Aboriginal musicians, storytellers, and authors.

Ian Wallace – *Author and Illustrator*

Jill Christie – *Arctic Tundra Adventures*

Sylvia Kuzyk – *CKY News – Notable Women and the Weather*



Students, Christine Harms & Gabrielle Nowakowski, give Sylvia Kuzyk a tour of BH

Grade 5

Mary Melnychuk – *Resource Conservation Manitoba, Greenhouse Effect*
Susan and Paul Hammer – *Musicians*

Grade 1-5

Constable Gabby Irving – *from the Winnipeg Police Services – Personal Safety and Street Proofing.*

Tim and Deanna Treadway – *Pioneer Quest survivors*

Grade 6

Kim and Laura *representing the Women in Science and Engineering from the U of M*
Joanne Lee – *How the Stock Market works*

Grades 6 & 7

Milk Marketing Board – *Nutrition, Making Healthy Choices*

Grades 6-12

Constable Gabby Irving – *Parent and Student Presentations by the Winnipeg Police Service – Drug and Alcohol Awareness*

Grades 7, 8 and Senior 1

Shannon Gander, *Eating Disorders Treatment & Prevention Group – Eating Disorders*



Shannon Gander speaks to Grade 7, 8 and S1 teaching awareness about eating disorders and the importance of leading a healthy balanced life.

Senior 1

Mood Disorders – *Depression – Teen Talk*

Senior 2

Ken Zorniak – *VP of Frantic Films*

S3 and S4

Lasha Orzechowski – *Velocity Design Works*

Gwynne Dyer – *journalist and war correspondent*

David Stolar – *Survivor of "the Struma" the vessel carrying Jewish refugees that sunk Prince of Jordon – speaking on International Cooperation*

Senior 4

Ainsley Cunningham *from the Manitoba Securities Commission – Consumer Math: Financial goals and investment options.*



Pioneer Quest Survivors:
Tim and Deanna Treadway spoke to Grades 1-5 regarding their adventure living in the late 1800's.

The Journey

Judith Steek
Principal of Junior School

"The great thing in the world is not so much where we stand, as in the direction we are moving."

This quote by Oliver Wendell Holmes was the theme for this year's professional development. It represents the journey of learning that we, the BH teachers, as well as our students are taking. Learning new ways can sometimes be difficult. It takes an open mind to be receptive to new ideas, to embrace them and make them your own. A teacher by nature is as curious to learn as her students. The desire to learn is great, but it requires energy, thought and will. As Goethe stated, "Knowing is not enough: We must apply. Willing is not enough; we must do."



Prefects display the "attitudes" of each month

To acquire knowledge is only one step towards learning, we must be principled and care enough to implement and integrate. There is a need, while incorporating new ideas, to reflect and to analyze our thoughts and actions. It is only through reflection that we learn to improve and to understand. BH teachers model the profile of student learning. They are truly lifelong learners who continually challenge themselves to loftier goals.

The International Baccalaureate Primary Years Program is a challenging, engaging and relevant program for teachers, as well as students. It is based on best practices for planning, teaching and assessing that have worldwide recognition. BH staff have embraced the philosophy that is the foundation of the Primary Years Program (PYP). It has required many hours of learning, thinking and discussion. We have learned the value of collaborative planning, a variety of teaching strategies, and the importance of assessment and reflection in the learning process.

A PYP teacher is required to participate in extensive professional development sessions at various levels. Beginning with an introductory PYP session, where the basic philosophy of the PYP program is outlined, and after allowing this to settle in our minds and classrooms, we then participated in a professional development session led by PYP trainer, Fiona Kalinowsky, a PYP teacher living in Istanbul. She traveled to Canada, braved our frosty temperatures to spend three intense days of learning, teaching and sharing of ideas with our staff. Inquiry-based learning was focused upon and individual advice for planning, teaching and assessing was given. Challenged and inspired, our staff took away from these

days an increase in knowledge and understanding of this multifaceted program. The learning attitudes and student profile became clear as integral components of the program.

The advanced workshop in Charlotte, North Carolina was next. Four of our staff, willing to give up their personal summer time, travelled for an intense week of sessions. It was an incredible experience of learning and discussion with teachers from all over the world. The instructors themselves taught in international schools from far reaching areas of the globe. What became very apparent were the commonalities worldwide of issues related to learning and keeping current with best practices in teaching and assessing.

This past fall took us to Los Angeles to participate in a three-day workshop, where one of the most important elements in this program was presented. The focus on collaborative work of teachers for common school-wide goals was emphasized. We are indeed on a journey of learning and we are all headed in the same direction!

"I touch the future, I teach."
Christa McAuliffe



The Grade 2 Class visits Mayor Glen Murray.



Junior School Students build their toy cars



Grade 5 students
hard at work with
the Senior 3's

Baillie Klein and Megan McFadden
assessing the temperature with
Junior School students



Science Class

Allison Love
Grade 5

My first science lab experience was one to remember. Ten Grade 5 students (including me) went up to the Chemistry lab to join the Senior 3's in doing an experiment. This experiment was hands on for both the Senior 3's and the Grade 5's. The experiment was to find out how long it takes for ice to melt by putting salt into the beaker and watching it increase its temperature. I got to put the salt in. It was a very fun, interactive experience that had a lot of educational value to it. I also made two new friends in Senior School at BH!



Interaction Between the Junior, Middle and Senior School – Not Melting!

Baillie Klein and Megan McFadden S3

Armed with goggles, thermometers, stir sticks, and anti-freeze, the Grade 5 classes joined Ms Kirk's Senior 3 Chemistry class, in October, 2002, to observe and participate in their first high school science experiment. The Grade 5 students were vital in conducting this experiment, which allowed the students to come to conclusions about factors that affected the freezing points of substances. On two separate occasions, the Grade 5 students were responsible for adding both salt and anti-freeze to a beaker of ice, as well as mixing the substances, and recording data that noted any change in temperature. At the conclusion of the experiment, the Grade 5's became familiarized with the chemistry lab, thanks to the guidance of the Senior 3's. As well, the Senior 3's taught their Grade 5 partners the standard

procedures in the lab, and how to properly dispose of chemicals once the experiment was finished.

Both Grade 5's and Senior 3's truly enjoyed this experiment. It was interesting for the Senior 3's to learn about the experiments that are conducted in Junior School; as well, it was fun for the Grade 5 students to be given a 'taste' of science in Senior School. It was wonderful that the Grade 5's took away from this experience an introduction to the Senior School equipment and a new understanding for experiments and scientific procedures. However, the highlight of this interaction was that the Junior School students now have gained friends and science mentors in Senior School.



Senior 3 students Sam Maryk and
Nerissa Heron work with Grade 5
student Kerri Onotera

Senior 4 AP Biology Field Trip to CancerCare Manitoba

Richelle McCullough S4

On January 14th, 2003, the Senior 4 Advanced Placement Biology class headed over to CancerCare Manitoba for a tour of their facilities. Although the dash from the parking lot to the building was extraordinarily frigid for those of us with bare knees, what awaited us inside was much more "cool" than cold! After a brief presentation about the lab, its mandate, and the research material to develop a simple blood test for breast cancer, we were given the opportunity to see the research facility in action, as well as where the future expansion will be going. The tour was very interesting. At first, the lab seemed to be nothing more than a small room with some computers in it. However, this single room contained eight high-powered microscopes worth a total of over two million dollars! The lenses alone were worth \$5,000 each, so needless to say, we were very careful when we moved around to explore what these microscopes could do. Each one



Andi Sharma, Danielle Weidman, Amanda Huminicki, Riya Ganguly, and Amy Dhillon listen to Dr. Jim Davie of CancerCare Manitoba

served a different function, from giving researchers the ability to view living tumors under the microscope, to creating a 3-D image of a single cell on a computer, as well as visually labeling and sorting chromosomes. We also got a chance to chat with two of the scientists who use the microscopes; they talked about their job, schooling, and research in general, which was helpful for those of us considering studying biology in university. The afternoon flew by, and our time exploring the CancerCare research lab had come to an end. Overall, it was a fascinating trip, all of the Biology students are looking forward to the next outing!!

Girls for the Cure, a Walk/Run for Breast Cancer

Tina Alto, Director of Development/Marketing

For the second year in a row, the students and parents of Balmoral Hall have overwhelmingly supported **Girls for the Cure ~ a Walk/Run for Breast Cancer**. Last October, BH students from Grades 1–S4, staff and parent volunteers exited the Richardson Athletic Centre under an archway of hand painted paddles, ceremoniously supported by several members of Chemo Savvy, a Dragon Boat team made up of breast cancer survivors who train at BH.

Students in Grades 1–3 made their way along the riverwalk from BH to the Provincial Legislative grounds with the help of their Senior 2, 3 and 4 buddies. Grades 4 to Senior 1 continued onto The Forks and back to the Legislative grounds

where they enjoyed refreshments, once again donated by Natural Bakery. For a second year, Warehouse One donated Girls for the Cure t-shirts to all participants.

Girls for the Cure raised over \$16,000. BH was recognized as a Gold Angel Supporter at the 11th annual Guardian Angel Breast Cancer Benefit held on October 16, 2002. Donations stay in Manitoba and go towards the Guardian Angel Caring Room, the Guardian Angel Studentship Endowment Fund, the Manitoba Breast Tumor Bank, the Breast Cancer Centre of Hope and the purchase of a MX20 Faxitron System.

On October 8th 2003, BH will feature guest speaker, Feather Janz – Stayin' Alive. Her message is simple but powerful. All women are at risk of getting breast cancer. (This year about 19,000 women in Canada



Chemo Savvy, Breast cancer survivors, display their hand painted paddles, preceding the Girls for the Cure Walk/Run

will be diagnosed and 5,500 women will die of it). And it is absolutely essential that we get to know our breasts through self-examinations.

Far from bringing down her crowds (she's been speaking publicly for six years), she makes them laugh. But she also attacks a difficult subject head on, encouraging women to educate themselves and not take no for an answer from the medical community.



"High fives" under the tunnel of paddles created by the Chemo Savvy women

Christy Kolt, Deidre Santos, Dana Delapenha-Dobbin, and Jaime Lee display the "Cure Banner"

Laptops in the Classroom

Paper and pens? What are they?

The Grade 8 classes

For the past two years, the Middle School at Balmoral Hall has been using laptop technology as an integral part of the curriculum. The Grade 8 students have led the way learning how to use software programs while they complete the objectives of their course work. The benefits of this integration of technology in their workplace are many. When questioned by visitors at our autumn, "Magic in the Middle" open house, the students were enthusiastic about the freedom they had to organize files, communicate with teachers and students all over the world, receive their school newsletters and homework online at home, research on the internet, and develop individual projects that reflect both their knowledge and their creativity. Students read and write constantly using laptops, they are all totally engaged, no one is bored and learning is fun. Many of them tell amused guests that "they couldn't go back to a classroom without laptops."



Grade 8 Class using the laptops

Now their "cups are running over" as they are preparing to partner with the Grade 8 boys from Royal St. George's in Toronto in a unit of study on the Holocaust. Both classes have focused on the theme of discrimination in their English studies all year and are well prepared to examine this period as the culmination of their reading and research. Working with groups from each school, the students will share selections of Holocaust literature for literary analysis, personal reflections and historical research. They will also participate in a writing workshop, choosing a genre to create and share their own written responses.

With technology, this will present them with the chance of working with twice the number of people and with a wider range of ideas and opportunities for growth. At the same time, they will continue to be a member of a small class with the lower student-teacher ratio that Balmoral Hall offers. The teachers will be evaluating the different approaches that the two genders take in researching, analyzing, writing and collaborating.

We are looking forward to this project and to the excitement of increasing our knowledge and our connections to many schools throughout Canada and the world.



Chelsea Joyce, Diane Den, Shannon Bahuaud, and Erin Conelius are only a handful of the students using the mobile laptops for most subjects.

Clarica/ Waterloo Project

The Clarica project on Aboriginal Rights, which began in the summer of 2002 at the University of Waterloo, is nearing completion. Senior 4 students Christy Kolt, Ashley Makeiff and Lauren Seaman, under the guidance BH faculty Donna Alexander and Lois Robinson, have been working during the first term to bring all the components of the project together. While at Waterloo, the staff helped the team format an interactive CD-ROM, with video and audio clips, links to Web sites, and interactive quizzes. It will cover aboriginal history, maps, stories, conflict, disease, and the arrival of European settlers. A section on Aboriginal Rights will cover treaties, land claims, hunting and fishing rights.



February was the deadline for completing the prototype for the University, and at that time it was made available to other schools for testing. Once the testing is complete, changes will be made if necessary and then the CD will be made available as a resource for Canadian History studies.

<http://www.clarica.com>

Grassroots Projects

Lois Robinson
Technology Department Head

We have three Grassroots projects that are under way and nearing completion. Grassroots project ideas can be submitted to the Government of Canada based on curriculum objectives and will receive funding if approved in \$300, \$600 or \$900 amounts depending upon the level of complexity and amount of collaboration with other classes within or outside the School. Completed projects must be in the form of a web page that can act as a resource for other students in Canada and around the world. We currently have three projects, which have been approved for funding.

1. People and Places in the World

Grade 6: 35 students, 2 teachers

Students will compare and contrast life in Canada with life in other countries around the world. Each student in the two Grade 6 Social Studies classes will become an "ambassador;" each will choose a country to study. (A total of 35 countries, representing 6 continents, will be studied.)

2. Integrating Animation into the Classroom

Senior 3: (Grade 11) 5 students, 1 teacher

The purpose of the project is to give a complete overview of how animation can be used to tell a story. The students will provide all the information to help a classroom get started with animation by describing the complete process from storyboarding, to character development, scene creation, editing and output of a basic animated story. Lego and Stop Motion animation will be the focus of the project.

3. Aboriginal Rights

Senior 4: (Grade 12) 3 students, 2 teachers

Three of our students who were selected to create a unit of curriculum for Canadian History through the Clarica/Waterloo Summer Scholars project have assembled materials and created not only an interactive CD, but also a website that can be a shared resource for Canadian History classrooms. The focus of this project was on Aboriginal Rights and looked at three sub topics: Arrival, Contact and Conflict. This website is a classroom interactive site with the ability to create journal responses. It also promotes discussion groups and contains video interviews with aboriginal leaders in the community. The website is an ongoing project. The Conflict portion is complete while at this time the Arrival and Contact sections are still in progress.

The Network of Innovative Schools (NIS)

Balmoral Hall was awarded membership into the Network of Innovative Schools, an organization that recognizes Canadian schools using Information and Communication Technology (ICT) in meaningful and imaginative ways to improve learning. Balmoral Hall received \$10,000, which has been used to expand our wireless environment and facilitate our integration process by making resources more accessible and timely. The website address is:
<http://www.schoolnet.ca/nis-rei/e/>



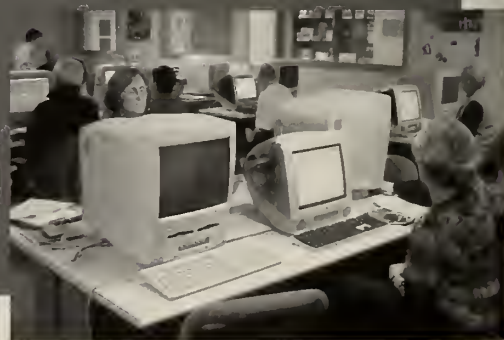
Amanda Huminicki and Danielle Weidman using Laptop computers in the Biology Lab

Grandparents and the Web...

On November 27th, the Moffat Lab was host to an Internet Evening. BH grandparents were given the opportunity to come to BH and sharpen their skills for navigating the Internet. With the assistance of Senior 4 student Christy Kolt, Lois Robinson Technology Department Head, guided the participants through techniques for effectively searching "the net". Using operators such as "+" and "-" or "NOT" to aid in searching for a specific topic, they learned how to refine their search. For example by typing "Balmoral Hall School+Winnipeg", this allows a more specific search than either of those words or phrases on their own. These simple symbols are called "Booleans". The grandparents, with various "sites" in hand, went home tired, but Internet savvy. **There will be more Grandparent Technology classes coming this spring... stay tuned!**



Eager Grandparents working very intently on the computers...



A Royal Encounter

Sarah Murdoch and Kristine Wilson S3

On October 8, 2002, we had the privilege of meeting His Royal Highness, Prince Philip, The Duke of Edinburgh. The Prince would be presenting his Duke of Edinburgh's Award, the young Canadians Challenge, to us and the other youth involved throughout Canada. The awards are attainable at three ascending levels, "Bronze", "Silver" and "Gold." Through participation in a variety of designated activities such as physical recreation, skill development, community service and outdoor expedition trips, the award, created by His Royal Highness, embraces the basics of good citizenship, self-discipline, perseverance, initiative, adventure and both international understanding and awareness. It takes about a year and a half to complete each level. We were both recipients of the Silver award.

Upon arrival at The Fairmont Hotel for the private presentation, we were briefed on proper etiquette for being in the Highness' presence. We learned that women in uniform-like us girls all clad in BH tartan-are not to curtsy, but may give a neck bow.

After much waiting, we each shook the Duke's hand, received his congratulations and shared a few brief comments. He enquired as to what school we attend and upon hearing the



Renata Choptiany '01, Sarah Murdoch '04, Paige Lewis '04 and Kristine Wilson '04 preparing to meet Prince Philip.

response "Balmoral Hall" He laughed and said "I just came from there!" In reference to one of his many residences, The Balmoral Hall Castle in Scotland.

Over all it was a very exciting day for both of us; though a little nerve-racking after all the instructions that we had received. His Royal Highness is a genuinely friendly man and not intimidating in the least. We are currently working on the "Gold" award, and who knows whom we will get to meet next. With a little hard work on the most challenging award level of the three... perhaps the study Prince William? Now that is inspiration!

Continentia Corporation

Andi Sharma S4

Continentia is an independent corporation run by Senior students at Balmoral Hall School. Mrs. Donna Alexander supervises the entire operation. The girls who are currently a part of the business include: Meredith Tapper (President) Meena Bhullar (Vice President) Jane Polak Scowcroft, Andi Sharma, Amy Dhillon, Kiran Dhillon, Heather Sandhu and Poonam Mahay. The purpose of *Continentia* is to give students an understanding of how to run a business from the inside-out. All of the girls learn about job applications,



Hannah Stinson, Maryann Watson, Kelsey Watchman and Alex Martin, some of the Grade 5 students assisting Senior students Andi Sharma and Jane Polak- Scowcroft.

position descriptions, accounting concepts, and marketing theory to name a few. We learn about everything from balance sheets to market analysis. Each person is given a position in a particular field for which she holds sole responsibility. *Continentia* sells products that are unique to the company. For the past few years, we have been selling packaged teddy bears. We hold sales in the School for the students as well as at other locations such as Winnipeg Square Shopping Mall. The purpose of the program is to let the girls gain first hand experience in the business world and it is simply a wonderful educational opportunity.

Grade 5 students Sydney Bicknell, and Emily Campbell assist Meena Bhullar and Meredith Tapper to package the teddy bears.



Catching the Curiosity

– Junior School Debating Club

Meredith Tapper S4

Balmoral Hall girls are adopting insightful perspectives at an early age, adding to the meaning behind academic preparation. Students in Grades 4 and 5 have the opportunity to join the Junior School Debate Club, which focuses on public speaking but does carry elements of debating. Every Thursday until 4:30 p.m., up to 12 students assemble in a fifth grade classroom to learn the basics of presentation, the confidence of public speaking, and the skill of not only thinking on their feet but also developing a quality speech. The girls, supervised by Mrs. Nancy Young (Grade 5), learn to develop a focus, continue it with added complexities, and reiterate it at the conclusion of their speech. They also discuss the workings of a debate, and how the skill of debating and public speaking can impact a person's life. At the creative and curious age of nine and ten,

these girls are not only developing the basis of a lifelong skill, they are also preparing themselves for this area in their later academic life. "I've always wanted to learn how to debate," states Maryann Watson, while Hannah Johnson says "I enjoyed debating a lot and this will help me in the future."

Once in Middle School, debating and public speaking classes are scheduled into their timetable, and the competitive world is opened up to them. There, they have the support and knowledge of teachers and older students to help them out, and with the foundation work already in place, these girls are able to more easily approach the specifics and extensions of debating. For evidence, one must only sit in on one Junior School Debate Club session. The brightness of the girls, their satisfaction after completing their first speech, combined



Ellen O'Donoghue, Kristine Ritchie and Adriana Sly participate in the Junior School Debating Program

with their amazing pace of learning, serves as adequate proof that the time and energy are all worthwhile.

In the next five years or so, Balmoral Hall will emerge even more as a successful and dominating school in the world of debating and public speaking. We will achieve this with a group of motivated students who enjoy every minute of it and strive to improve. This confidence is an important part of these girls' education, for it gives them the tools with which they can apply their learning through speech and logical argument.

Breaking Boundaries, & Encouraging Expansion

Connecting to Mulvey School

Meredith Tapper S4

Usually, when a Balmoral Hall student initiates a program, it is within the School, but it doesn't always have to be that way. Sometimes you see an opportunity and it grabs you. I had the good fortune of being introduced to the students of Mulvey School in the 2001/2002 school year, when I, along with another student, taught Take Pride Winnipeg classes there.

This year, I am back at Mulvey School during my spares and lunch hours. However, I am there in a very unique position. I established and currently teach the Grade 6 Debating and Public Speaking Co-Curricular Program. This program introduces students to the basic categories and methods of debating and public speaking while also connecting them to the competitive arena within the

province. The curriculum map of the program is continuously adjusted to fit the subjects that the students are studying in their other classes, currently including outer space, Canadian history and persuasive writing.

Most of the students from Mulvey School continue on to Gordon Bell or other nearby schools that are now developing debating and public speaking programs of their own. These young boys and girls will be able to enter the programs with background understanding, comfort, and the basic skills of formulating arguments, organizing logic, and speaking confidently. Their involvement in the Manitoba Debating Society will enrich the program at our School. Balmoral Hall debaters will face more competition, with potentially different

points of view arising, encouraging critical thinking. As well, since the Junior School Debate Club is open to grades four and five, there is increased opportunity for Mulvey and Balmoral students to meet in a relaxed setting, and exchange ideas, as well as put on a showcase event of speeches and/or debates. A number of students are already interested in attending upcoming Winnipeg tournaments as observers, and even competing at the Douglas Campbell Provincial Public Speaking Championships later this year.

I look forward to watching the development of the program, and hope that in the future, Balmoral Hall and Mulvey will continue to strengthen yet another vehicle of inter-school participation.

Senior 4 students Meena Bhullar & Meredith Tapper, win "Top Team" at the Angus Reid Debating Tournament hosted at St. Paul's High School.

The Debating Advantage

Audrey Greenhill – Head of the English and Debating Departments

Think critically. Work co-operatively. Plan thoroughly. Research extensively. Speak convincingly. Present intelligently. Communicate effectively. Argue logically. Listen carefully. Interview confidently. These are some of the benefits to being an involved member of the debating program at Balmoral Hall School.

All students in Grades 6 to Senior 1 have Debating class as part of their timetable. These students become familiar with the rules of Parliamentary Debating and then become involved in each in-class debate in some way. While one student is preparing her arguments for her side of the debate, another is the timer, Madame Speaker, or judge. This year, Mrs. Stephanie Bourbonnais teaches the eager Grade 6 to Grade 8 students and Mrs. Greenhill teaches the keen Senior 1 classes. Also, students debate outside of class in local events and competitions.

Each Monday, from 3:30 p.m. to 5:00 p.m., Senior 2 to Senior 4 students have their Debating class. This year these students have three debating teachers; Mrs. Greenhill, Mr. Kowbel, and Mr. Warriner. Students in this course participate in Parliamentary Debate, Cross-Examination Debate, and other Public Speaking events such as Persuasive Speaking. This delightful class has had numerous spirited debates. Many of these students volunteer their time to judge at junior tournaments and are very busy as successful debaters in the Senior Debating competitions and events.

Internationally, Balmoral Hall debaters have been formidable competitors. In October, Kyla Caners, Lauren Seaman, and Meredith Tapper capably represented Balmoral Hall at the International Independent Schools Public Speaking Championships held at Appleby College in Oakville, Ontario. Lauren placed Second Overall in Debating, and Kyla placed Fifth Overall in Interpretive Reading and Seventh Overall in Persuasive Speaking.

In November, Balmoral Hall successfully hosted the annual Rupert's Land Tournament that included competitors from across Canada. Top school was British Columbia's Glenlyon-Norfolk School, second was Balmoral Hall, and third was St. John's Ravenscourt. Plans for next year's tournament are underway!

Debating is, and will continue to be an important part of the Balmoral Hall School education.



Debating Tournament Results...

National Debating Qualifying Tournament

1st Lauren Seaman (S4)
6th Kyla Caners (S3)
Top Team Lauren Seaman and Kyla Caners

St. Mary's Academy Junior Debating Tournament

5th Robyn Zajac (Gr. 7)
3rd Novice Team Robyn Zajac and Shereen Samimi (Gr. 7)

Douglas Campbell Tournament

3rd Amy Dhillon (S4) in Persuasive Speaking
1st Sarah Murdoch (S3) in Impromptu

International Independent Schools Public Speaking Championships in Oakville Ontario

2nd Lauren Seaman (S4) Debating
5th Kyla Caners (S3) Interpretive Reading
7th Kyla Caners (S3) Persuasive Speaking

National Public Speaking Championships

3rd Lauren Seaman (S4) Debating
5th Meredith Tapper (S4) Debating
5th Kyla Caners (S3) Interpretive Reading
7th Kyla Caners (S3) Persuasive Speaking
8th Lauren Seaman (S4) Interpretive Reading
9th Meredith Tapper (S4) Persuasive Speaking
11th Meredith Tapper (S4) Interpretive Reading
12th Lauren Seaman (S4) Impromptu
14th Meredith Tapper (S4) Impromptu

The Overall Standing for the World International Schools Public Speaking and Debating Championships to be hosted by The Grammar School in Nicosia, Cyprus are:

8th Meredith Tapper (S4) Overall
9th Lauren Seaman (S4) Overall
13th Kyla Caners (S3) Overall



(l-r): Lauren Stone, Christine Nolting, Navdeep Bhullar and Allison Pigden during a Senior debate class

We had just finished working on our speeches, because the International Independent Schools Public Speaking Championships in Toronto began the next day, and to loosen the nerves, we had started listening to our "Pump It Up" CD. As Lauren began to belt out a Patsy Gallant tune in her amazing voice and joined me in doing the "debater dance", I looked over at her and wondered how she became such a talented person, especially in our little sport of debating. Lauren and I have become good friends, have spent endless hours together preparing, travelling, competing, and of course, hanging out, so I know a fair bit about her. But I never really have known the true story of how Lauren got into debating. So I began to ask her a few simple questions, and the story, along with much more, was revealed:

...an Interview with Lauren Seaman



To Debate or Not to Debate, That is the Question...

Kyla Caners S3

Kyla Caners: *Lauren, how long have you been at BH?*

Lauren Seaman: I've been here since Junior Kindergarten. Not quite as long as Mrs. Friesen and Mrs. Baillie, but I'm a Lifer!!

KC: *When did you start debating?*

LS: I went into my first debating tournament (the Junior High Provincials) unwillingly at the end of Grade 7 after much persuasion by Mrs. Martin (no wonder she was the debating teacher!). I actually ended up placing dead last, however, I found it to be an interesting experience, decided to continue, and am now in my fifth year of debate.

KC: *What are some of your debating accomplishments?*

LS: My actual debating successes started in Grade 8 when I placed 1st at a local tournament. Since then, I have been the Provincial public speaking champion for four years in a row, won the Provincial qualifiers, been a National and International finalist, qualified for the Junior and Senior High Provincial and National Debating Championship multiple times, placed 1st for two years in Balmoral Hall's own Rupert's Land Public Speaking Tournament, and most recently, I placed 2nd at the International Public Speaking Championships.

KC: *What do you enjoy most about debating?*

LS: I enjoy having the ability to convince or at least entertain people on any subject using verbose rhetoric and witty repartee, and also the opportunity to use oral language in different ways. It's often not necessarily what you say, but how you say it. I love the feeling, the natural high that comes with speaking in front of an audience. Crushing your opponents in a debate is also a bonus, and fortunately, this has become a frequent occurrence for you and me.

KC: *Do you feel that doing an activity like this helps you in other aspects of your life?*

LS: Debating and Public Speaking has not only helped me with my oral and written English skills, but also with my self-confidence. Through my debating experiences, I have learned to express and justify my opinions effectively, even in front of large groups of people. I have not only learned to speak in front of an audience, but to communicate persuasively.

KC: *Do you plan on continuing debating in any form after high school?*

LS: Definitely! I hope to be involved in university-level debating and also hope to assist with the Balmoral Hall debating program: honing and crafting the speeches and speakers of the future!

KC: *What do you plan on doing after high school?*

LS: I'd like to become a high school English teacher. In this profession I feel I can share the importance of and my passion for communication with others.

KC: *Are there any hobbies you have that I don't know about?*

LS: I am involved in "Reach for the Top," I play the piano, and love singing, skating, snowmobiling, and going on road trips to rural Manitoba. I also volunteer at a Senior Citizen's residence and a horseback riding camp for underprivileged children.

So there you go, folks. Your Student Affairs Prefect and debating debutante revealed to you in true form—raw, live coverage from inside the life of Lauren Seaman.



Lauren Seaman,
Jane Polak Scowcroft,
and Meghan Fejes
listen to Kyla Caners
expressing her view

Dancing With Drive

Courtney Moir '98



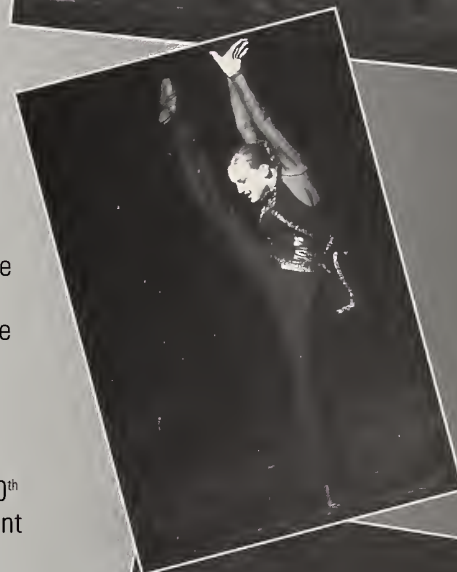
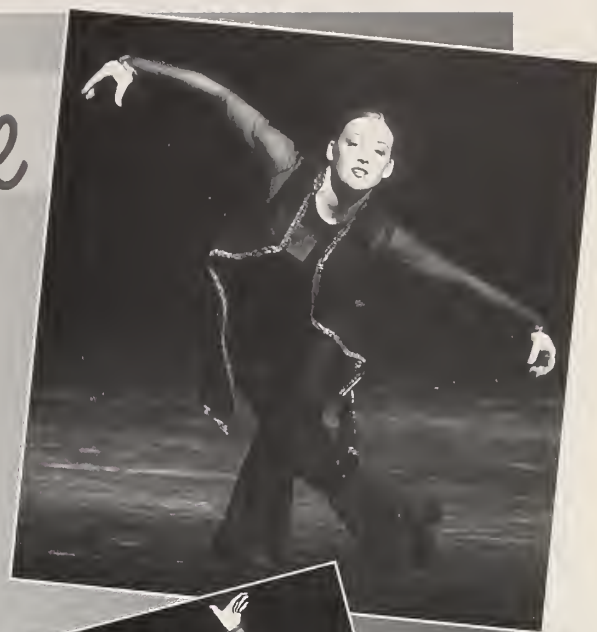
Danielle Matte (second from the left) and partner Lindsay Nelco received a Silver Medal at the World Dance Competition.

Danielle Matte '02 has been dancing for over 11 years and continues to reach exceptional levels. The expectations that she has for herself have never stayed the same. She continues to push herself harder and further. In the beginning she wanted to get to the next developmental level within the dance studio. Initially known as a tap soloist, Danielle wanted to break out of that mould and become a jazz soloist. She continued on that front, expanding into other jazz forms as a soloist (traditional and lyrical). As time went on, she wanted to be "stretched" and challenged even more...

The last three years, Danielle has been competing at the World level and doing extremely well. In 2000, Danielle was on the Canadian National Tap Team, which received the Silver Medal at the World Tap Competition in Riesa, Germany. In 2001, she was again asked to be a member of the Canadian National Tap as well as the Canadian National Jazz Team for the upcoming 2001 World Competitions. She however, elected not to compete at the World Competitions that year, due to school and exam commitments in what was her final year of high school. In the fall of 2002, not only was she a member of the Canadian Team at the World Competitions but she also competed as a soloist and as a member of a duo.

The World competitions are run by the International Dance Organization (IDO) and are equivalent to the Olympics of dance. They consist of competitors from all around the world, as well as all the major dance disciplines such as tap, jazz, show dance, ballroom, etc. There are a number of qualifying competitions that have to be successfully completed in order to continue onto the World Competitions. Danielle participated at the Canadian Regional Competition and won 1st place in the Senior Female Jazz Soloist Category, as well as 1st place in the Senior Jazz Duo with her partner Lindsay Nelco. She then advanced to the Canadian National Competition, which took place in Vancouver in July 2002. There, she placed 1st and was asked to represent Canada at the World Competition, held in Toronto, October 10th to 13th, which was the first time the event had been hosted in North America. Danielle did extremely well receiving a Bronze Medal (3rd Place) in the Senior Female Jazz Soloist Category from a field of over 22 world competitors, including Germany, Russia, USA, Czechoslovakia and other countries. She also won the Silver Medal (2nd Place) in the Senior Jazz Duo Category. As well, Danielle competed in Germany in the 2002 World Show Dance Competition held November 11th to 18th, where the Canadian Team placed 3rd, receiving the Bronze Medal.

Danielle accomplished all this while attending First Year Business at the University of Western Ontario in London, Ontario. As she continues to gain experience and successfully competes at this exceptional level, we can expect that Danielle is not likely to slow down anytime soon!





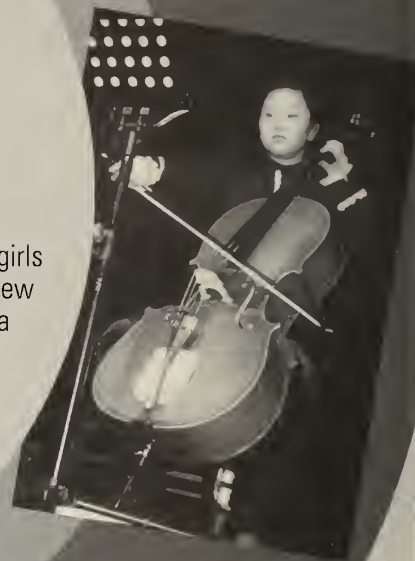
Kaleidoscope

A Performing Arts Showcase

Throughout the month of January, the Sifton Family Theatre was alive with the sounds of our Balmoral Hall girls singing and dancing in preparation for their musical theatre productions.

Under the direction of George Budoloski and Robin Dow, the Senior School girls began rehearsing in September to produce an exceptional musical review showcasing their outstanding talents. Middle School also produced a musical review production for two nights in January. All 121 girls in Grades 6–8 sang and danced in the show directed by our Middle School musical theatre teacher, Kristina Malazdrewich.

The talent, excitement and enthusiasm of all of our performers will be remembered for years to come.



Meredith Tapper

Behind the Scenes and Very Keen

Laura Lemon S4

Meredith Tapper provides the true meaning of the word keener. Earlier in *The Portal* she writes of her commitment to encouraging a world of young debaters in Junior School at BH as well as at Mulvey School (as seen on page 10). Now Alumna Prefect Laura Lemon takes a look behind the scenes...

Meredith Tapper, a Senior 4 student, has been involved behind-the-scenes of Balmoral Hall since Grade 7. She has contributed significantly to the production and organization of the School musicals and has worked part time at the BH front reception area since 1998. Meredith's first involvement with the musicals was when she was the assistant producer of the Grade 7 musical "Joseph and the Amazing, Technicolour Dreamcoat". For the next four years she was the assistant producer of the Middle/Senior School musicals "Fiddler on the Roof" and "Guys and Dolls", co-producer of "The Boyfriend" and box office and ticket manager of the Centennial musical "If They Could See Me Now." Meredith says that she loves working behind-the-scenes for the musicals because of the many learning opportunities it has given her. She has learned many organizational skills and has benefited greatly from the responsibilities it involves. She says it is a way to learn, be involved and have fun without being on



stage performing.

Meredith gets a thrill from being backstage that is not achievable in the spotlight.

In addition to her long list of School musical contributions, Meredith contributes immensely to the front reception area of Balmoral Hall School. She volunteered at the front desk during special events going on at the School when she was in Grade 7 and 8, and has been working every morning from approximately 7:45 to 8:30 a.m. since Senior 1. Meredith has also spent the past two summers working full-time at the front desk. She says she enjoys being at the front desk because that way she feels more connected to Balmoral Hall and she enjoys helping the School in any way she can. These contributions behind-the-scenes have given Meredith many organizational skills and learning opportunities. They will definitely be the key to her future endeavors.



Sophie Berkal-Sarbit

Vocal Maturity Yields Bold Talent

Laura Lemon S4

Sophie Berkal-Sarbit, a Grade 7 student at Balmoral Hall School, has been highly

involved in singing and dancing her whole life. Even before she was born, her mother could feel Sophie in her womb, dancing to all types of music. Although Sophie has been singing ever since she was little, she started taking voice lessons when she was in Grade 4 and has also been a member of Choir on Fire at the University of Manitoba for about five years. Sophie says that she loves singing because her grandfather is a Rabbi, and listening to him sing made her want to as well.

Although Sophie loves to sing, she says her favourite type of performance is a combination of singing and dancing. She has been involved in many different types of dance classes, including jazz, ballet, modern, hip-hop and musical theatre.

She has also participated in terrific musicals at BH. In Grade 4, Sophie played the part of Annie in "Annie." In Grade 6 she played the parts of Rizzo in "Grease" and Maria in "The Sound of Music." Sophie participated in the 2002 Triple Threat Dance Convention in Winnipeg, where she received the award for most entertaining performance for her musical theatre piece. She has competed in the Canadian Dance Competition for the past two years in Toronto and Vancouver, and both years has received first place in the musical theatre category, and best overall performance for her age category.

Sophie says she loves to dance simply because it makes her happy. The maturity and strength of her voice is incredible; if you were to close your eyes and listen, you would not guess that you were listening to a twelve year old. Sophie has been incredibly successful with her singing and dancing and will no doubt be doing just that in the future.

Daphne, Sarah and Mia gather in Aikins House for a unique conversation.



Beyond Adoration,
Not the Exceptions...

...Becoming Alive!

Sarah Coates '00

Passionate...

Now that both women are not only doing what they love, but challenging themselves and feeling the rewards, I asked if they felt any pressure to continue their original professional plans. "Absolutely" both responded immediately. Daphne continued, "When we graduated, there was the impression that being a hairdresser was not fulfilling your potential." This subtle, yet recognizable pressure towards professional careers can extend into directing high school graduates into a particular field, like Science, at the university level. It may be common to start in the sciences; however a number of people jump around, and eventually, settle where their interests lie.

Though neither woman has regrets, they do agree that it is an unfortunate situation for anyone to travel in a direction that doesn't excite them; simply doing it for the image of a career, may not be worth it.

Long-time students of Balmoral Hall School, Daphne Guerrero and Mia Rabson, both graduated in 1993. Daphne admitted with a laugh that she was thought to be "Connie Chung in print" by her classmates. Originally pursuing a journalism degree from Carleton, Daphne is currently a communications specialist for the Hon. Rey Pagtakhan (Minister Veteran's Affairs, Secretary of State Science Research and Development). "Everything is a race," she quipped. "I like the race; I like its challenge. I wanted excitement and I got it."

Mia, currently a legislative reporter for the Winnipeg Free Press, set out to pursue a medical career at Queens University. Proving that for every action there is an equal opposite reaction, Mia transferred into a journalism program at Western at about the same time as Daphne left hers at Carleton. In regards to her job, Mia was steadfast in her reply: "A lot of people in this field are apologetic. I love my job."





Daphne Guerrero '93
Become Canada's
Connie Chung in print.



Mia Rabson '93
Star in a TV show as a
doctor and actually see
real patients on the set.

Practical...

While both women exuded a genuine enthusiasm for their jobs, they were also very pragmatic about the dominance of a career at this point in their lives. "My job comes first right now." In her characteristic point-blank manner, Mia was realistic about this stage of her life. Both readily agreed that the notion of working 25 years for a gold watch, is a relic of the 20th Century and in order to achieve some sort of self-satisfaction, one must be focused, but flexible and never fail to seize opportunity in one's self-interest.



Prepared...

We then tackled the gender question, and immediately identified and discarded the clichés. While not presuming that their experiences are universal, both women explained that though they have never felt discouraged or held back by the virtue of their sex, "It's a matter of how you're trained to think about gender." Daphne explained, "You learn to use the differences that do exist to your advantage, and never hold yourself back." Mia suggested an alternative explanation, "I've encountered sexism in the form of offensive comments by people who just don't see the connotations to their jokes. What has been traditionally attributed to sex really has to do more with personality types, rather than the stereotypical gender answer."

These women are truly budding epitomes of the modern, multifaceted professional, yet they have no pretenses of considering themselves role models. "Rather, I see myself as accomplishing the vague concepts that will lead to my personal fulfillment" Mia explains. Could this be a manifestation of the true grounds of the women's liberation movements and the shattering of the glass ceilings? Could it be that no longer thriving women are being treated as exceptions, nor see themselves as deserving such adoration, but rather view themselves as individuals pursuing the further enlightenment and satisfaction available to them in liberal societies? These are women who speak with a vibrant energy that sneaks into their vocabulary—answers to benign questions were given with active words and connotations that denoted an engaged, articulate and unapologetic zeal for participation in the arena(s) of life that they are drawn to and seek out.

Harold Whitman once said, "Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs are people who have come alive."

It was a great pleasure to sit down with two women who embody this and are truly alive with passion and purpose. Their engaging enthusiasm for life can only be contagious.

Club - Soccer



From the Bleachers...

Lisa Calsbeck - Athletic Department Head

The 2002 Volleyball season ended as any season should, with great success both on and off the court. We had 5 teams playing at 3 levels of competition. Two Developmental teams (Grades 6 & 7), a Junior team (Grades 7 & 8), a Junior Varsity team (S1 & S2) and a Varsity team (S2 - S4). We had coaches not only from the Physical Education staff, but from Middle School, our parent community and a few friends of BH. All coaches put in countless hours with the athletes over several months. Their dedication and enthusiasm for volleyball was infectious. The athletes displayed a great deal of school pride, hard work, dedication, teamwork and excitement for the game. The program's success speaks for itself when you read the following list of accomplishments for all teams.

Congratulations to each and every athlete for your success. A huge thank you to the coaching staff and teacher supervisors for all your dedication, support, and energy in helping to build a great volleyball program at Balmoral Hall.



Erin Palmer '00

My soccer career at Balmoral Hall began at recess in Grade 3. The Grade 6 girls were dedicated players and considerate enough to let us little kids play! I remember occasions out on the front field with older girls Ryann Jessiman '97 and Meghan Watchhorn '97, the rivalry between the Grafton sisters, as well as Maegan Rutherford '00 goaltending with her nose. While in Senior School, I played on the BH soccer team for five years. Since my graduation from BH, I have coached this team for three years.

This year, I have started an indoor soccer club in order to give the girls ample time to play, as well as practice their skills of ball handling and teamwork. This has combatted our considerably short soccer season, due to Winnipeg's climate. By March, all Senior School soccer players will have had the opportunity to work on their techniques in preparation for the upcoming regulation season. This experience has allowed students to take initiative and practice at their will, while still having fun!

Volleyball Teams Season Report

Developmental

BH 1

Coach: Lee Almstrom (parent)
Supervisor: Lisa Calsbeck

- Kelsey Bryk
- Rebecca Asper
- Talia Glodjo
- Kalika Hoogstraten
- Sarah Scott
- Lauren Smerchanski
- Nora Grieve
- Torrey MacTavish
- Jessica Michalski
- Fernanda Salamanca Rubio
- Erin Danylchuk
- Amory Nitychoruk
- Grace Boyd
- Shanleigh Thomson

Finished third in the season ending tournament.

BH 2

Coach: Dave Saifer (outside volunteer)
Supervisor: Marguerite Baker (Grade 6 teacher)

- Kendra McBain
- Alana Hannaford
- Jasmine Fernando
- Seema Rao
- Akaysha Humniski
- Madison Lee
- Erica Rankin-Friesen
- Natasha Zloty
- Shawna Olson
- Robyn Zajac
- Alex Campbell
- Mila Panaskevich
- Shereen Samimi

Finished first in the season ending tournament.

Junior

Coach: Judy Christie (P.E./Science teacher)
Assistant Coach: Kristy Kolt (Varsity player and S4 student)

- Stephanie Lawson
- Olivia Zaporzan
- Teresa Kennedy
- Sarah Rybczuk
- Claudia Muller Moran
- Grace Kennedy
- Erin Cornelius
- Karlen Prendiville
- Cathy Guyot
- Robin Jacuzzi
- Kristina Robison
- Kate Langrell
- Leah Metcalf
- Taylor Maavara

Participated in three tournaments, Blazers Invitational Challenge (Balmoral Hall), Stanley Knowles Tournament and Immaculate Heart of Mary Tournament. Finished sixth in round robin play and sixth overall out of 14 teams.

Junior Varsity

Coach: Lisa Calsbeck

- Brittany Cawson
- Julie Pagura
- Hayli Smerchanski
- Shayla Sabbagh
- Jaime Rosin
- Cheryl Woodward
- Jennifer Ethans
- Christine Siddall
- Alexis Kozak
- Jamie DesJarlais

Participated in three tournaments, Blazers Invitational Challenge, College Beliveau Tournament and St. Boniface Diocesan High School.

Finished 4 out of 14 teams in league play. Played in the semi-final against St. Mary's Academy.

Varsity

Coach: Jeff Richardson (Math teacher)

Manager:

Meredith Tapper

- Julia Cloutier
- Mara Kipnes
- Dana Delapenha-Dobbin
- Jennifer Dyck-Sprout
- Kristine Wilson
- Christy Kolt
- Kaitlin Briggs
- Uta Hoogstraten
- Dany Theberge

Tournaments:

- U of W Tournament: Blazers placed 1st in Division 3
 - Silver Heights Tournament: Blazers placed 2nd
 - Blazers Invitational Challenge: Blazers placed 2nd
 - Western Canadian Independent Schools Volleyball Championships: Blazers placed 3rd
 - They also won the Spirit and Sportsmanship Award and earned two out of six All Star team spots, (Christy Kolt and Kaitlin Briggs)
 - Virden Tournament: Blazers were the AA Champions
- Finished league play in first place and lost to Westgate in the playoff finals.

Varsity Season Stats

Tournament Record: 58 wins 28 losses

League Record: 9 wins 0 losses

League Playoff Record: 3 wins 3 losses

Exhibition Record: 0 wins 1 loss

AAA Provincial Record: 11 wins 6 losses

Total Record: 75 wins 39 losses

Total Games Played: 114

Earned a Wild Card spot at the AAA Provincials in Sanford, Manitoba and placed 2nd in the province. Earned 2 out of 6 spots on the All Star team, (Christy Kolt '03 and Kaitlin Briggs '05).

Home for the Holidays!

Alumnae Association Public Relations

Heather Dawson '96

At 7 p.m., on a cold December night in 2002, Alley Catz Piano Bar on Pembina Highway was overrun with BH Alums.

Recent grads, not-so-recent grads, and teachers seemed to storm the doors and the small group of alumnae organizers quickly became a loud party. Stories flew across the tables as friends exchanged tales of university, life away from home, and plans for the upcoming holiday social scene.

"You look different when you're not wearing green," was heard a few times. The teachers all repeated, "You look so much more grown up!" and several new haircuts were greatly admired. All in all — a very successful get together.

Elizabeth Leitgeb '02, Mhelanni Gorre '02, and Sarah Coates '00 chat with Tina Alto, Director of Development



(l-r):
Carissa Nikkel '02,
Heather Dawson '96,
Kathryn Ball '98 and
Alumnae Relations
Coordinator Courtney
Moir '98 enjoy a round
of drinks courtesy of BH.

The annual alumnae tradition, formerly held in Aikins House, was redesigned to give grads of the last five years a chance to get together for some holiday cheer. Speaking of which, guests were glad to have the first round provided for them (Thanks, BH). The turnout was better than ever with approximately 30 alumnae showing their faces for a laugh or two before they ran off into the night in large herds.

PARTY IN YOUR CITY?

**Interested in organizing
an alumnae reception in your city?**

If so, please let the Alumnae Office know!
We have over 1,200 alumnae living outside of
Winnipeg and would love to hold more frequent
gatherings to keep everyone connected.

To find out how many alumnae live in your city
and how to start planning a get-together,
please contact the Alumnae Office at
(204) 784-1603 or alumnae@balmoralhall.com

People scatter after graduation and emails change, so this party is a great chance to catch up with the folks who dropped off your radar. Don't let this happen to you! Watch for it next year, when you get your free invite in the mail!



Teachers Jennifer Kirk (left) and Jennifer McDonald (right) join alumnae Hilary Moir '02 and Ashley Zajac '02.

The Real Deal University Spiel

Marisa Louridas '02
Riya Ganguly S4

Gathered together in The Kozminski Common Room, (our former hang out), sat the 2002 graduates along with the 2003 Senior 4 class. This mini reunion, accompanied by pizza, soft drinks and the ever-famous Costco double chocolate chip cookies, was arranged so that the Senior 4's could hear a live report as to what university was REALLY like.

Riya Ganguly a Senior 4 student discloses what some of the Alumnae had to say, "Ashley Zajac and Caroline Monnin warned us of the dangers of 'frosh week' at Acadia University (as well as teaching us how to do the elephant walk). Marisa Louridas spoke of how she felt that the people at the University of Manitoba were a mix of St. Paul's, SJR and BH, all combined into one school. Lesley Robertson said that she felt that Queen's University had a comfortable atmosphere and informed us of her adjustment. Erin Mitchell, who didn't come back to Winnipeg from Acadia, wrote us a letter informing us of the 'top five' rules and regulations that one should follow when going to university (note: Her #1 rule was short hair is a must! – these rules are not usually found in the student handbooks)."



Ashley Zajac '02 and Claire Dickson '03

While we sat and munched away on our lunch the Senior 4's now had the opportunity to ask as many questions as they liked, strictly regarding university life of course. We answered to the best of our abilities, questions such as: Are the boys a distraction? How many people are in a class? Is it really hard? Do AP courses help?



Two thirds of the class of 2002 ventured out of province in order to continue their education; we had representatives from all across Canada. Even though our experiences differed, depending on the university, there were a few tips we left the Senior 4's that we all agreed upon:

- 1) Yes, it was a change and adjustments needed to be made, but there is nothing to be scared about because you WILL be prepared.
- 2) The textbook is your best friend!
- 3) Do all your reading ON TIME. Once you are behind, you will feel the consequences.
- 4) Don't be intimidated by your professors; they are just as friendly as the BH teachers.
- 5) Before making your schedule, contact a former BH graduate who is currently attending your chosen university and ask for advice as to which professors to pick and how to schedule your timetable.

Riya speaks for all the Senior 4's when she says, "Although we laughed at the hilarious comments from the girls about their roommates and their more social experiences at the school, we were also able to gather quite a lot of useful information as well. We found out about the application process for some of the universities and found out how the universities differed from one another. For example, Acadia has smaller class sizes, while the University of Manitoba has some classes of almost 300 people.

When we left that afternoon with pizza and cookies in our stomachs, we had also gained a lot of knowledge in our heads. While reminiscing with our old friends from the class of 2002, and learning about how they've adjusted to university, we also collected a lot of information about university life that will guide our selections. So what's the verdict for the afternoon? A complete success!"

To the Senior 4 Class,

Enjoy every minute of your last year at BH, but be excited for the changes ahead. We are here to help you, and have tons of new advice now that we are that much more experienced in the university world since October. Feel free to contact us if you have more questions.

*Yours truly,
The Graduates of 2002*

Alumnae Profiles

The Balmoral Hall Family is celebrating our Alumnae with an ongoing series of personalized profile posters. We want to promote the personal successes of the Riverbend, Rupert's Land and Balmoral Hall Alumnae. Each profile will state the Alumna's education and life endeavor.

We would like to highlight: writers, athletes, volunteers, business owners, artists, stay at home moms, teachers, doctors and everything in between! If you wish to participate, we would welcome a brief outline of your education as well as past and present life pursuits. Please include a picture of yourself (we can crop the picture if it has other people in it) as well as any words of wisdom, inspirational thoughts and/or a motivational quote.

This self-initiated project is called:

The Successful BH Family:

Educated, Encouraged,

Empowered: Making a

Difference. Our goal is to fill the Carolyn Sifton Atrium, please help us!

Please contact Courtney in the Alumnae Office by mailing to:

630 Westminster Avenue, Winnipeg, Manitoba, R3C 3S1

email: alumnae@balmorahall.com

or by phone: (204) 784-1603.

Education

- Bachelor of Arts from McGill
- Master of Arts from Boston's Simmons College

Past Employment

- Simon and Schuster
- HarperCollins in New York

Currently

- HarperCollins in Toronto (Executive Editor)

Susan Rich'87

She looks back on her time at BH fondly. I feel "really lucky to grow up in such a nice city and such a great school. My roots are wonderful, and they've served me well." Rich explains, "I followed my interests, and studied something that (at first) I didn't think would directly translate into a professional career. I feel like a lot of people in university freak out and jump into 'professional' pursuits that directly translate into a professional job." She says though, that you have to follow your passion, and have faith that your interests will lead you to your calling. And with memories from Balmoral Hall, an exciting life in Toronto, and a challenging career, Susan Rich has certainly found her calling.

War Time Memories, The Benenden Girls

Marigold Mann, Riverbend 1940 – 42

Excerpts of transcription of Marigold Mann's handwritten account/L.S. March 19, 2001

I started school at Benenden, Kent, Summer Term 1936, just before the Coronation of George VI. Three days before, war was declared in September 1939, I was still in Brittany, N. France, holidaying with my family. Overnight, every adult male aged 20 – 45 had disappeared and we knew it was time to leave. The following June '40, Benenden School was being evacuated to Cornwall.

My brother was convinced that the Germans would invade and easily convinced my father that I should join the school party going to Canada. Sixteen was the age limit for evacuation and I had my sixteenth birthday in the mid-Atlantic. The ship was the *SS Duchess of Richmond*, one of the Canadian Pacific Fleet. The weather was not good and during our crossing, the evacuee ship, "City of Benares," was sunk, 25 miles north of us.

We were quite a small party to arrive at Riverbend. Myself, Shirley Rooper, Anne Kingsley, Rosa Rayner, Valerie Rayner, Carol Lockhart, Jane Swithinbank, Penny Hodgson, Patricia Northcote and Una Ebdon. Una soon left for Malaya, to join her parents and was finally interned until the end of the war with Japan. Mary Weiner, her cousin Marietta Marmovek and Diana Hanbury soon joined us. Other evacuees from different schools were Joan Herd, Elizabeth and Peggy Auld and Elizabeth Holland.

Our contemporaries in Grade XI were friendly and their parents were most hospitable. I am still in touch with Barbara Ann (King) Pheloung, who lives in Australia and get news of other old girls from her. I spent some holidays with Barbara on Lake Manitoba and others at Treaty Point Camp in the Lake of the



Back row:

Patricia Northcote, Jane Swithinbank, Penelope Hodgson, Anne Kingsley, Diana Hanbury, Rosa Rayner,

Front row: Valerie Rayner, Carol Lockhart, Mary Weiner, Miss Bell, Shirley Rooper and Marigold Mann.

Woods, both as a camper and a counselor. While staying at Treaty Point we were visited by the Duke of Kent, who came to meet the "English girls." A few weeks later he died in a plane crash.

I took the option of not writing final exams but graduating on the strength of my year's averages. I did about nine months at the Angus Business School and at the end of '42 I was told I had two options, either I trained as a nurse or I could join the Forces (girls were not sent overseas until they were 21). The WRNS were over-subscribed so I joined the RCAF (WD) in January '43 and became a medical clerk.

In Nov. '43 I left Halifax on the *SS "Maurentania"* with 7,999 other troops including a few other evacuees. There was no convoy, the first day we were escorted by Catalina Flying Boats and the last day we were covered by Sunderland planes from England; for the 4 days in between we had only an American gun crew with an anti-aircraft gun fore and aft. The girls were treated like officers, six to a cabin and the RAF and RCAF officers kept us amused with card games, singsongs, competitions and ad hoc cabarets. From Liverpool we travelled overnight by train to Bournemouth where I was finally reunited with my parents and was then posted to Headquarters in London.

My last six months were spent at Repot, Depot in Devon (near my parents) and in January '46 I was demobbed. The RCAF paid nearly all my training fees, exam fees, uniform and books as I trained for physiotherapy in Glasgow.

A few things that flash through my mind about life at Riverbend:

- Good food, better than pre-war Benenden food.
- The record library, which helped me so much to appreciate music.
- A cooked breakfast 2–3 times a week especially for the English girls who were "used" to it. If we wanted pancakes we had to get up early and help make them.
- Birthday cakes & Sunday afternoon tea (my mind runs on food!)
- Being allowed downtown on Saturdays and even to the movies.
- Winning the slow bike race and the soccer kick at Sports Day – whatever that says about my sporting prowess.
- Skiing on the riverbank.

Things I hated:

- The early a.m. crocodile walk on weekdays.
- Never being able to put my head out of a window because of screens or double-glazing.
- Over knickers and over shoes in winter.

A Trans-Atlantic Effort – Building the Elsie M. Bartlett Endowment Fund

Tina Alto, Director of Development

This past fall I received an exciting proposition from Alumna, **Jennifer R. McQueen RLS '47** now residing in England. During the May 2002 *Centennial Reunion*, Miss McQueen and fellow Rupert's Land alums discussed the Elsie M. Bartlett scholarship fund. They wondered how they could bolster the fund; beyond the amounts raised by **Marianne (Burwood) Hollamby's RLS '48** book *I Remember it in Colour*, so that it could sustain itself in perpetuity.

The idea – contact Rupert's Land alums as soon as possible! And so they have, with the help of Winnipegger **Betty Jo (Ball) Johnston RLS '48**, sent letters, updated addresses and hopefully reached as many of their fellow alums as possible.

Elsie M. Bartlett began her relationship with Rupert's Land teaching Senior Math from 1930–35 at which time she was forced to return to England on family matters. A highly respected and loved educator, she returned in 1937, at the request of the Rupert's Land Board of Governors, to assume the position of Principal, which she held until the amalgamation with Riverbend School in 1950.

On September 3rd, 1939, Great Britain declared war on Germany, and a week later Canada followed suit. One of the consequences of war was the evacuation of children out of London because of the nightly German bombings. Many children were sent to Canada for the duration of the war to ensure their safety; several arrived at Rupert's Land College.

They were enrolled at half the tuition, through the kindness of local donors. According to a letter from Principal Bartlett to one father, this arrangement was made "knowing that all parents concerned would do all they could after the war to cover the costs of their children's schooling."



Susan (De Lamater) Flaxman, Ann (Windatt) Turnbull, Norma (Davidson) Fergusson, Marianne (Burwood) Hollamby, Betty Jo (Ball) Johnston, Donna (Kelly) Ford, Jennifer McQueen, Joan (Armstrong) Gillis, Audrey (Van Slyck) Murray gathered at the Centennial Reunion, May 2002.

As a personal tribute to Miss Bartlett, Marianne Hollamby, one of several evacuated children, distributed her memoirs freely asking only that a donation be directed to establish the endowment of the Elsie M. Bartlett Scholarship Fund. This scholarship is awarded to a returning student in Senior 1. The student receives \$1,000 towards their tuition.

Through the efforts of Jennifer McQueen, also evacuated, and classmate Betty Jo (Ball) Johnston, the race is now on to endow this fund so that it lives in perpetuity as a tribute to an extraordinary lady. To secure an annual scholarship of \$1,000 in perpetuity, a minimum of \$20,000 needs to be endowed. As of February 12, 2003 \$2,802 has been received and we thank all the Alumnae who have contributed, however, we have a sizeable way to go.

Please consider a donation to build this endowment fund. You may use the enclosed Annual Giving pledge card. Please indicate that your donation is to go towards the Elsie M. Bartlett Scholarship Endowment Fund.

Should you be unable to make a contribution at this time, please remember:

~ Where there is a Will, there is a Way! ~

A Bequest is an attractive way to ensure you have the financial resources you need today and still remember and recognize those who have contributed significantly to your life. Please contact the Development Office at (204) 784-1614 for detailed information on leaving a legacy.



Radclyffe Rochon '92 purchased a theatre seat for her parents and presented it to them as a Christmas surprise.

Alumnae Association



Deborah Morrison '81

For some of you, this year will mark one of the most significant milestones in your life whether it's a graduation, a marriage, a career change, the birth of a child, or the birth of a grandchild. It is interesting at these times, when we have every reason to look forward, how often we instinctively take time to look back.

I know this because the past year has marked fundamental changes in my life—change of job, house, and city. The opportunity to return to Winnipeg was a welcome, if not unexpected, turn of events for me. Coming home to BH has been an even more rewarding surprise.

Those of you who attended last year's Centennial Celebrations likely understand the feeling: the fun of getting together with classmates you haven't seen in years,

and being able to pick up the conversation as if virtually no time had passed; the mixed emotions that rushed through you as you walked the corridors of the School, impressed by the physical transformations, yet eager to see evidence of the hallways you used to know.

Maintaining personal connections between Alums and the School is our primary focus for the year ahead. Now that the Centennial Celebrations are behind us, there are a number of initiatives underway, featured here inside the pages of *The Portal*. Whether you are a ten-minute drive, or a ten-hour flight away from BH, we hope you will discover an alumnae project that helps to bring you a little closer to us.

The restoration of Aikins House continues, thanks to the exceptional work of the Alumnae Heritage Committee. The committee plans further work on the second floor, which houses our archives, Parent Association and also provides additional meeting space. The School is planning to create an Alumnae Art Gallery within the House to exhibit the impressive works donated to the School by former students, and welcomes additional contributions of artwork and artifacts. Aikins House truly is the heart of the Alumnae presence at BH, connecting our current students to the history,

heritage, and traditions of the School. If you have yet to make your Annual Giving contribution, please consider the Heritage Fund.

"Staying Connected" is also the theme of a new campaign to bring Alumnae achievements to life in the School corridors. Collectively, our BH Family has achieved in every walk of life, and in virtually every corner of the globe. Everyone needs inspiration (especially around exam time!) and we know, these posters will tell the young women of BH today, in our own words and voices, there is nothing they can't do! You have lots to share so please, send your profile into us! You go "old" girl!

I will look forward to seeing many of you at the upcoming Alumnae events around the School. Until then, if you would like to become more involved with the Alumnae Association, would like to plan an Alumnae gathering in your community, or if you have some other suggestions for us, please feel free to contact me through the School, or via email to: dmorrison@historysociety.ca.

Our warm wishes from Winnipeg for the year ahead!

Deborah

Aikins House Almost Completely Restored

Linda Martin '62

During the 100th Reunion in May 2002, many Alumnae toured Aikins House and shared memories spent while boarding or attending classes in the House. The Heritage Committee would like to thank all of those who worked on this restoration project: the many who have donated financially to the renewal of Aikins House, and to those of you who toured and gave such wonderful comments.

Through a generous donation from The Winnipeg Foundation, BH Maintenance and Facilities Manager, Gary Gaudry, oversaw the construction of a new barrier-free main floor washroom and cloakroom. This project has improved accessibility to Aikins House for special events and meetings. Currently, the Heritage Committee is in the process of repairing the back hallway and stairs.

This will complete the first floor restoration project. The Committee would like to prepare two meeting rooms on the second floor for the use of the Board of Governors, the Parent Association and the Balmoral Hall community. The committee also has plans to restore the historical second floor fireplace. Thank you to everyone for your interest, enthusiasm, and help.

Meghan
Fitzpatrick S3

Bowes Leadership Breakfast

I have an inherent interest in history. The idea that you can study epic events and fascinating people that once stood in places you do today is thrilling to me.

You can therefore imagine that I was excited to be given an opportunity to attend a breakfast at the Winnipeg Winter Club honouring a woman involved in my favourite topic of choice. Bowes Leadership Group, a leading Human Resources consulting practice, hosted the event. The Group invites women executives who have recently moved to Winnipeg and introduces them to the local community. The executive this time was **Deborah Morrison '81**, a Balmoral Hall Alumna and the current Alumnae Association President, who has worked in professions from Parliament Hill to television production.

At this point, you may be wondering, how does this have any relevance to history? Well, Deborah was the Director of Communications and Development for the *Heritage Minutes* on television, she was the Director of the Historical Foundation, and now she is the President

and Executive Director of the Manitoba Historical Society Fairs. She spoke on male dominated businesses, adding personal anecdotes to make her presentation all the more interesting, a necessary component at 8:00 in the morning! As she went along, she addressed the topic I had been waiting for: History. She stressed the importance of Canadian History to our own identity as a nation and to our own personal learning.

Afterwards, and to my delight, I was able to meet Deborah and speak about history with her. I also met with several other interesting women, one of them being Shirley Render, the only woman aviation historian in Canada and author of numerous books. These women are forging a path for other women, and I am privileged and pleased to have had the opportunity to meet them, hear their thoughts and open up new opportunities and connections for myself.

Stemming from this opportunity, Meghan has since been involved with the Balmoral Hall Archives, researching past events for future projects.

Donations made to the Heritage Fund in memory of Frances "Dime" (Aikins) Riley RIV '34

- Ruby Ashdown RIV '39
- Linda Martin '62
- Susan Scott '81
- Carol Ann Baron '59
- Arla Sidebottom RLS '47
- Diane Sidebottom-Roulston '80



Class Reps

Rupert's Land

- | | |
|---------|--|
| 1934 | Betty (Foster) Wilcox |
| 1936 | Phyllis 'Timmie' Hutchins Moore |
| 1938 | Barb (Hamon) Aldous |
| 1942-44 | Jocelyn (Highmoor) Ryles |
| 1945-47 | Gwen (Lipsey) Moulden
& Pat (Wilson) McLaughlin |
| 1948-49 | Corrine (Anderson) Sawchuk |

Riverbend

- | | |
|------|-------------------------|
| 1938 | Barbara (Newcombe) Hill |
| 1949 | Carolyn (Dowler) Graham |
| 1950 | Daphne (White) Lindsay |

Balmoral Hall

- | | |
|------|---|
| 1951 | Mary Hope (McInnis) Cunningham |
| 1955 | Sylvia (Pierce) Baker |
| 1956 | Diane (Grindley) Hardwick |
| 1960 | Judy (Munro) Jessiman |
| 1962 | Bea (Nichol) McKay |
| 1963 | Joanne Sutherland |
| 1966 | Susan Bracken |
| 1967 | Leslie (Stovel) Sprange |
| 1968 | Sydney (Kennedy) Lightbody |
| 1970 | Heather (McNichol) Brown |
| 1971 | Cynthia Lone |
| 1973 | Debbie (Stillborn) Heenan |
| 1974 | Signy Stewart |
| 1975 | Barb (Jacks) Davenport |
| 1976 | Deb Metcalfe |
| 1977 | Liz Cherewan-Watson |
| 1978 | Catherine (Coughlin) Thiessen |
| 1979 | Cynthia (Kilpatrick) Eaton |
| 1980 | Tracy Maconachie |
| 1981 | Heather (Hincliffe) Ragot |
| 1982 | Maria (Clark) Lysack |
| 1983 | Carol (Premachuk) Steel |
| 1984 | Kim (Flyes) Frederickson |
| 1986 | Angela Hilland & Jill Condra |
| 1985 | Anna-Lisa Cohen |
| 1987 | Bonnie (Cunningham) Cross |
| 1988 | Kristin Shanksi |
| 1990 | Lauren Toni
& Heather (Jessiman) Partridge |
| 1992 | Vanessa Chang |
| 1995 | Catriona Macfarlane |
| 1996 | Wendy Campbell |
| 1998 | Sarah Young & Alexis Cloutier |
| 1999 | Crystal Bewza |
| 2000 | Ann Marie Noseworthy |
| 2001 | Kelsey Mills |
| 2002 | Amanda Aldous |

Country Reps

- | | |
|-----------|-------------------|
| Hong Kong | Vanessa Chang '92 |
|-----------|-------------------|

Want to be a...
Class Rep?

Contact Courtney Moir in the
Alumnae Office at 204-784-1603
or e-mail: cmoir@balmorallhall.com



2002/03 Staff of Balmoral Hall School!



Dear Parents, Board Members, Alumnae, Grandparents and Friends of BH,

Greetings from the 2002/03 Staff of Balmoral Hall School!

We welcome you to visit the School and have a tour anytime.

We wish you a wonderful spring and a safe and happy summer!

Distinguishing Excellence

It is quite common and very accepted among the Independent Schools in Canada that the School Magazines refer to their Alumnae/i as "**Old Girls**" or "**Old Boys**." At Balmoral Hall we would like to embrace the elegance and respect that our Alumnae of all ages deserve to receive.

If you agree with this statement, there is no obligation to respond, we will concur that you are in accord, but you are more than welcome to expand upon your agreement. If however, you disagree with the above beliefs, we would encourage you to send us your response and/or comments by filling out the form below and email or mail to Balmoral Hall School by June 1, 2003.

*I would **like** to see The Portal refer to the Alumnae as "Old Girls", out of respect and admiration. Explain if you wish.*

*I would **not like** to see The Portal refer to the Alumnae as "Old Girls". Please explain.*

1940s

Barbara (King) Pheloung '42



Greetings, from an older Alumna. I have been living in Australia for 45 years now. I am a special education teacher and have experienced the frustrations of finding the correct help and support. I have an earnest desire to share what I have learned with other parents and teachers. I wanted to make mention of my three books and most recently my video on Learning Difficulties. My website is: <http://www.movetolearn.com.au> I hope all my school pals will look it up when they have a chance.

Corinne "Shirley" Sawchuk '48



Allow me to tell you the true story about how I became a class representative. I attended a Havergal/Riverbend/Rupert's Land/Balmoral Hall tea in Vancouver on March 21st, 2000. At the tea I confided in Geneviève Delaquis from the Alumnae Office of BH by saying that I did not want to attend their upcoming big reunion in case I wander around like a lost soul who is often in the wrong place at the wrong time, unless I could prevent it by taking an active role. So I told Geneviève that I have learned how to give speeches, to write reasonably

well, and to organize social events. Geneviève promised to get back to me. Not long afterwards, she asked me if I would be a class representative. Talking to her was truly an example of being in the right place at the right time.

Carolyn (Dowler) Graham '49



This picture was taken during the *Centennial Reunion* in May. The back row is Mary Hope 'Puddy' (McInnes) Cunningham '51, Diana (Young) Robinson '50, Betty Ann (Brooking) Boulton '49, June (Baker) Halprin '49, Catherine (Anderson) Mennie '49, Carolyn (Dowler) Graham '49, Julie Ann (Harris) McInnis '49.

Elaine (McInnes) Finnbogason '49

My husband and I are the proud parents of three and grandparents of eight, all living in Winnipeg, we consider ourselves most fortunate. Our summers are spent at Lake of the Woods, where we still have friends from our youth. I am still in touch with classmates and friends from my years at Riverbend, and recall times together with great fondness. They were unforgettable times.

1950s

Mary (Thornton) Lee '55

After spending six years working in Uganda, my husband and I are now living in Winnipeg. I have retired from St. John's College and am enjoying more time with our five grandchildren.



(l-r) Katie Wray, Amada Wray, Daniel Fink, (in front) Andrew Fink, and Bryan Wray. We have four daughters, 3 sons in-law and another grandson on the way! After living in a developing country we certainly appreciate Winnipeg and Canada. The roads are so much better and you're not fearful of what might be around the next bend in the road when you travel.



This is a picture of my husband The RT Reverend Patrick Lee and myself at his retirement as Bishop of Rupert's Land.

1960s

Vicki Griffiths '67

In response to information Vicki received regarding alumnae achievements: "It is so wonderful to see Balmoral Hall girls doing so well. We should be very proud of their accomplishments. Thank you for passing on this very positive information."

1970s

Diane Gourluck '70

I had 25 years of real estate asset management experience before leaving the corporate world in 1999. I'm now an entrepreneur who owns and operates Banner B & B and two small apartment buildings. Also, I am a devoted Christian actively involved in lifestyle ministry 24/7.

Angela (Sperry) Friesen '74



In December 2002, Angela, along with her brother John, toured the School and had a spontaneous reunion with Mrs. Teresa Friesen after recognizing her face on one of *The Portal* covers along the administrative hallway. Angela was surprised and excited to hear that "Mrs. Friesen" was still here at BH. She was in her first year of teaching when Angela attended.

Editors' Note

Balmoral Hall always welcomes Alumnae, former staff members, past parents, grandparents and friends of the School to come by for a visit and a tour. It is always wonderful to meet new people and catch up with old friends. Please don't hesitate to come by!!

Lisa (Evans) Plocktis '78

I live in Kelowna BC, and would be happy to mentor someone in the area. Through my education in accounting, I have run a small office, and worked in public accounting both as an auditor and administrator. I have also been active in the education system as well as volunteering in the Scout and Girl Guides organizations. I have three very busy kids and would be happy to be a sounding board for a new mom in my area.

Claire Koo '79

In response to information she received regarding student achievements: "That's wonderful to hear! My daughter has just signed up for the Duke of Edinburgh Award. I am looking forward to the day she receives her Gold."

1980s

Shahla Khan '84



Shahla Khan '84 (left), with sisters Farah '89 (center) and Ranya '91 (right) at Farah's wedding on August 30th 2002.



Son Zayd with friend Daniel.

Hello fellow BH Alumnae and a special hello to my classmates from 1984!! At present my days are filled with looking after my two awesomely amazing sons, Zayd, 4 years and Ali 14 months. We live in Mill Bay, on the coast of beautiful Vancouver Island. I practiced law for eight years in the "peg" before my husband Michael and I decided to move our family out west. It's been interesting checking out the BH website and reading about my former classmates. I hope that all of you are doing well. To date, I keep in touch with Carla (Fogel) Cohn and visit her on trips back to Winnipeg. Our little boys get along swimmingly (as shown above). Good luck to everyone and a huge thank you to BH – and to my high school friends, former classmates and teachers for shaping and influencing my life so positively at the most impressionable time. I will always cherish my memories of you.

Terri Clarke '85

Hi everyone! Happy New Year and all the best in 2003. Where does the time go? It does not seem that long ago that we were going to BH. I have been living in Bahrain for the past two and a half years. Would love to hear from you. Also, anyone have any idea where Jennifer Nishakawa is these days? Cheers, Terri

Paige Glen '89

Hi. Greetings my fellow BHers! I moved back to Winnipeg on December 20th after living in Italy, Korea, and the United States. I completed my Master's Degree in Education in Fort Lauderdale, Florida. I would love to hear from any former classmates! I hope all is well. Take Care.

Valerie Ternan '89

I have lived in Korea and Thailand for almost seven years as a teacher and teacher trainer. I also have lots of experience working with street youth as an art therapist. Eventually I hope to move to Vancouver to work with troubled youth in the education system. If anyone wants any information about teaching overseas or about counseling teens please feel free to contact me.

1990s

Lauren Toni '90



I had a little boy on February 9, 2002. He is 10 months old in this picture. His name is Logan John and he has a big sister Mia, who was in Crestlines in 2000.

Rebecca Staunton '90

Rebecca was married to Joe Morin on August 16th 2002 at St. Andrew's College in Aurora, Ontario. Rebecca is the eldest daughter of BH's former Headmaster Ted Staunton and his wife Jane. Rebecca and Joe live in Toronto.

Venessa Schreyer '93



Venessa is a registered dietitian, and provided a health evening entitled A Women's Perspective, hosted by St. Benedict's Retreat & Conference Centre. She encouraged people to take a proactive approach to their health by preventing them from becoming sick in the first place. "Obesity is far more prevalent today due to a whole host of factors..." she said. Overall it is the super sized portions, the lack of activity that are the major contributors. Venessa maintains that the old adage "eating to live" rather than "living to eat" has never had more relevance than today. "We have to learn to listen to our bodies and take heed when they tell us we have had enough to eat." Vanessa operates Designer Nutritional Services, a nutritional consulting company and is director of operations for the A-1 Nutrition health food store. She also offers consulting services to Pembina Place Mennonite Personal Care Home.

Kathryn Zaworonok '95

I still live in Nelson BC. I am a hairdresser and went overseas to London, England to train at the Vidal Sassoon Academy this past year.

Shauna Labman '95

I have a B.A. from The University of British Columbia with a double major in English (honours) and Religion & Literature. I also did the Arts One Program. I graduated with a Law degree from The University of Victoria in December 2002 and am moving to Ottawa for a clerkship at the Federal Court of Appeal in September 2003.

Maria Reimer '95

I have successfully completed my first year of Law School from the University of New Brunswick. I worked for the law firm McInnes Cooper in Fredericton last summer. I would be glad to talk to any students regarding law school, admissions, the LSAT, working in a firm etc. Please contact me if you have any questions.

Shelley Chalmers '96

I am currently living in White Rock B.C. and just finished purchasing my first house near the beach, how exciting! I am working for the BC Ministry of Children and Families as a Youth Behavioral Worker with plans to return to school in the fall of '03 to obtain my BSW from UBC. You can drop me a line at: scwritergirl@hotmail.com

On a sad note, **Fern Chalmers** (my Mother) passed away on Feb. 10/03 after a long and courageous battle with cancer. She was well known in the Winnipeg community for the 41 years she resided there and will be missed by all those she touched.

Sarah Young '98



Here is a picture of me at Law School. My first semester at the University of North Dakota School of Law felt a lot like coming back to high school. I knew all of my classmates as individuals, we were required to take all of the same classes together, the teachers and even the dean knew our names and attendance was taken. The major difference for me besides the massive amounts of homework reading, has been adapting to the technological environment. UND is the third most wired law school in America. Our school has a wireless network, which allows you to be on the Internet from any location the building. Almost everyone came to school in the fall with their new best friend – a laptop. We use our computers for everything from taking notes in class, to collecting class materials from the course websites, typing out our case briefs and outlines, submitting assignments through the digital drop box and conducting legal research over the internet. It has been a great experience to use all of these innovative tools to enhance my legal education.

2000s

Ann-Marie Noseworthy '00

I am currently attending Queens University. I'm involved in many of the organizations and would love to help out anyone thinking about Queens, Nursing, or Kingdon.

Laura Fletcher '00

Recipient of the Canada Millennium Scholarship Foundation Excellence Award worth \$4,800.

Sarah Coates '00



Sarah Coates '00 and Daphne Guerrero '93, That picture was taken at the Prime Minister's Garden Party in June. We both worked for the Hon. Rey Pagtakhan, Minister of Veteran's Affairs, and Secretary of State. Daphne is in a communications position, and I assisted in that political office. I started off at the Minister's constituency office (Winnipeg North – St. Paul) and then moved to Ottawa to work in that office after one of the cabinet shuffles.

Renata Choptiany '01

Recipient of the University of Manitoba Entrance Scholarship (for high standing on admission to University I).

Simmie Bhullar '01

Recipient of the Canada Millennium Scholarship Foundation Excellence Award worth \$4,000.

Ashleigh Sprange '01

Recipient of the Academic Proficiency Scholarship worth \$500.

Chanpreet Singh '02

Recipient of the Special Entrance Scholarship worth \$800.

Leslie Robertson '02

Recipient of an Entrance Honors with Merit, by having an average over 90% when applying to Queens University.

Marisa Louridas '02



Marisa received the Canada Millennium Scholarship Foundation Excellence Award worth \$4,000, as well as the Chown Centennial Entrance Scholarship (for high standing in Grade XII and entering a degree or diploma program at the University of Manitoba) worth \$500. She also received the Leader of Tomorrow Scholarship worth \$4,500. She was one of six recipients, four of which are shown here.

Carissa Nikkel '02

Carissa received the Canada Millennium Scholarship Foundation Excellence Award worth \$4,000, as well as the Guertin Centennial Entrance Scholarship (for High standing on admission to University I.)

Amanda Aldous '02

In a broadcast message to her classmates, Amanda wrote: "Hey Guys, I hope all your finals are going well and that you aren't too stressed out! Did you get your Alumnae package from Courtney? I thought that was so sweet! Unfortunately, because I'm coming home on a military service flight, I won't be in Winnipeg until December 21st which means I'm missing the Home for the Holidays party. I was so disappointed to find that out, you all have no idea. I can't wait to see you all—I miss you guys! :) haha and I have some funny stories of military life for you when I see you.

Love Always Amanda"

Aliza Sharfe '02

I'm attending McGill University and I am in the Faculty of Management (Bcom degree). McGill is great so far! I really like all of my courses and professors, the dorm is very nice and Montreal is a fun and lively city. I hope all is well at BH.

Ashley Zajac '02

I am going to Acadia, oh ya, very excited! I'm in the faculty of Arts. **Caroline Monnin '02** and I are sharing a room and **Erin Mitchell '02** is just a couple of doors down from us! I'm taking English Lit, Political Science, French, Economics and History. (My dad decided on the economics – he says that since he's paying, he gets to choose at least one course per year, that way he'll have an influence on 20% of my future! Oh the logic! But I'm actually looking forward to it).

Hilary Moir '02



This group gathered at The Winnipeg Airport, is a handful of the Class of 2002. We had a rather emotional and lengthy goodbye to those who were leaving for their first year away at University. (From left to right) **Caroline Monnin**, **Natalie Smith**, **Erin Mitchell**, **Hilary Moir**, **Sarah Briggs**, **Marisa Louridas**, **Danielle Matte**, **Judith Aronovitch** and **Ashley Zajac**.

Hilary received the Guertin Centennial Entrance Scholarship (for High standing on admission to University I.)

Editors' Note

Send your updates to your class rep via the Alumnae Email Directory or contact the Alumnae Office.



Peace

Onalee Nagler '56

Onalee past away on December 21st, 2002.

Marjorie (Heenley) Mott '25

Mrs. Mott died peacefully December 2nd 2002 in Rochester New York at the age of 94. She graduated from Rupert's Land School in 1925. She vacationed at Lac Des Iles, sister to the late Arnold Heeney, Canadian Ambassador to the U.S. She leaves three sons, their families and other relatives.

Mary Mckenty '35

On November 22, 2002 Dr. Mckenty died peacefully and with dignity in Winnipeg. Her children, friends, colleagues and former patients lovingly remember her. Mary was born in Winnipeg and attended Fort Rouge School, Riverbend School and the University of Manitoba. She was only one of four women to graduate from medicine in 1941. Her classmates always praised her for her supportiveness.

Marian (Booth) Russell '42

On November 13, 2002 at Oakview Personal Care Home, Mrs. Russell past away, most precious and dearly loved wife of John S. Russell. She was a lifelong resident of Winnipeg and was educated at Riverbend, the University of Manitoba and the University of Toronto. Of recent years and until ill health she attended St. Luke's Parish. Marian will be remembered for her elegance, gracious manner and kindly ways.

Lois Margaret (Cuff) Stewart '43



On December 17, 2002, at Toronto Grace Hospital. Beloved wife of the late Lyall Stewart, loving mother of Leslie, dear sister of Peter Cuff, and aunt to Bridget, Leonard of Jeffrey. Mrs. Stewart attended Rupert's Land from 1940 to 1942.

Grace Evelyn Martin



Peacefully on November 16, 2002, Grace Martin passed away at the age of 89 years. Grace was born in Crystal City and grew up on the family farm that was homesteaded by her grandfather, the land is still farmed by her nephew Jim. She attended Wesley College (which is now the University of Winnipeg) and graduated with a Bachelor of Arts and Bachelor of Education during the Great Depression. Grace taught in Roblin, Manitoba and moved back to Winnipeg in 1942 to teach at Riverbend School. Grace became ill four years ago and required personal care.

Muriel Emily Wheeler



Surrounded by her family, after a lengthy illness with Alzheimer's, Muriel died peacefully on November 23, 2002 at Riverview Health Centre. Her two loving daughters Cheryl and her husband Bob Moody of Denver as well as Teddi and her husband Wynn Sweatman of Winnipeg survive Mrs. Wheeler. Her grandchildren attended Balmoral Hall School and St. John's Ravenscourt. She was very involved in all aspects of their lives.

Looking for Portal Reporters! Please contact the Alumnae office if you are interested in researching and interviewing great people and exciting events!

What's New With YOU?

Has anything changed lately in your life? Tell us about it!

New job? Just married? Traveling? Having a baby?

Name: _____

Class of: _____

Email Address: _____

Phone Number: _____

Your News: _____

Send us Photos!

Mentor Search

“There is no better way to learn about a university or career than talking to someone who is already there.”

If you are interested in becoming a Mentor, please contact the Alumnae Office at (204) 784-1603 or email us at alumnae@balmoralhall.com

Name: _____

Class of: _____

Email Address: _____

Phone Number: _____

Area of Experience: _____

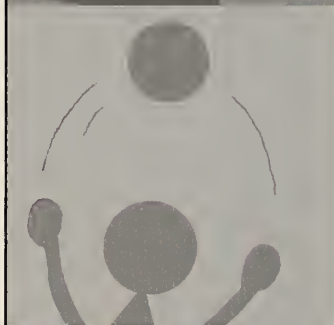
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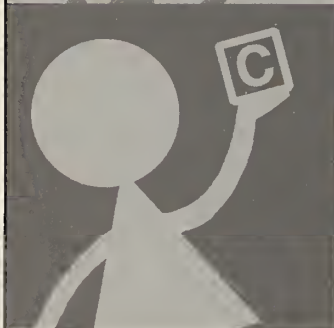
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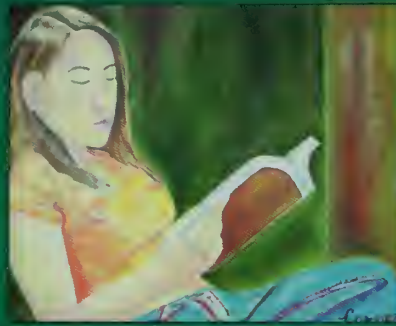
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M. Fernando Gr. 4



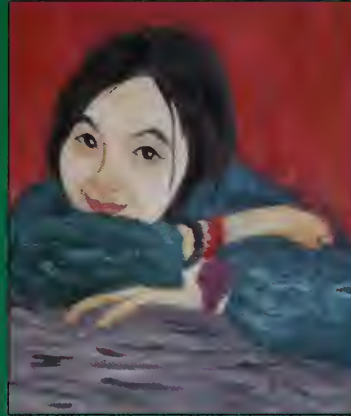
C. Hui S4



B. Kwok Gr. 3



S. McGregor S4



J. Ngai S3



How does your face compute? Gr. 8
Famous Artist Chairs S3 & S4

The Art of Balmoral Hall School



C. Dixon Gr. 4



C. Rothwell S4



M. Lee Gr. 4



C. Rothwell S4,

E. Sawai S4

M. Fitzpatrick S3



M. Fitzpatrick S3



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